

Exercises During Your Pregnancy

Diagonal Curl

Strengthens your back, hips, and abdomen. If you have not been exercising regularly, skip this exercise.

1. Sit on the floor with your knees bent, feet on the floor, and hands clasped in front of you.
2. Twist your upper torso to the left until your hands touch the floor. Do the same movement to the right. Repeat on both sides 5 times.



Trunk Twist

Stretches the muscles of your back, spine, and upper torso.

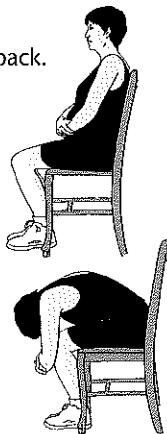
1. Sit on the floor with your legs crossed.
2. Hold your left foot with your left hand using your right hand for support.
3. Slowly twist your upper torso to the right.
4. Switch hands and repeat on the left. Repeat on both sides 5–10 times.



Forward Bend

Stretches and strengthens the muscles of your back.

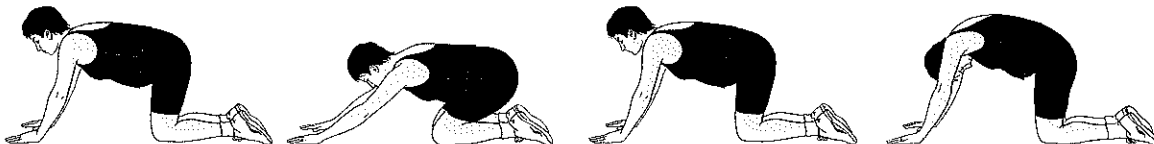
1. Sit in a chair in a comfortable position. Keep your arms relaxed.
2. Bend forward slowly, with your arms in front and hanging down. Stop bending if you feel any discomfort on your abdomen.
3. Hold for 5 seconds, then sit up slowly without arching your back. Repeat 5 times.



Rocking Back Arch

Stretches and strengthens the muscles of your back, hips, and abdomen.

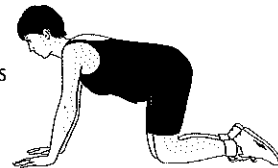
1. Kneel on hands and knees with your back straight.
2. Rock back and forth for a count of 5.
3. Return to the original position and curl your back up as far as you can. Repeat 5–10 times.



Backward Stretch

Stretches and strengthens the muscles of your back, pelvis, and thighs.

1. Kneel on hands and knees, with your knees 8–10 inches apart and your arms straight (hands under your shoulders).
2. Curl backward slowly, tucking your head toward your knees and keeping your arms extended.
3. Hold for 5 seconds, then return to all fours slowly. Repeat 5 times.



Upper Body Bends

Strengthens the muscles of your back and torso.

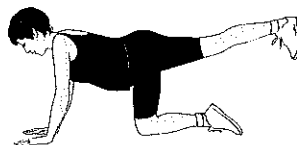
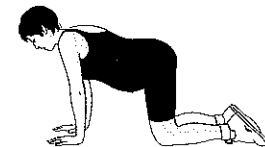
1. Stand with your legs apart, knees bent slightly, with your hands on your hips.
2. Bend forward slowly, keeping your upper back straight, until you feel the muscle stretch along your upper thigh. Repeat 10 times.



Leg Lift Crawl

Strengthens the muscles of your back and abdomen.

1. Kneel on hands and knees with your arms straight (hands under your shoulders).
2. Lift your left knee and bring it toward your elbow.
3. Straighten your leg back. Do not swing your leg back or arch your back. Repeat on both sides 5–10 times.



Back Press

Strengthens the muscles of your back, torso, and upper body and promotes good posture.

1. Stand with your back against a wall with your feet 10–12 inches away from it.
2. Press the lower part of your back against the wall.
3. Hold for 10 seconds. Repeat 10 times.

